September 2014 🍎

Exercise Classes:

Dance with Tracy Wigley:

Intermediate International Latin Dance
> **Mondays 6:30-7:30 pm / Fee: $15 per class**

Paso Doble
> **Mondays 7:30-8:30 pm / Fee: $15 per class**

Kids Ballroom & Latin Dance Level 2
> **Mondays 3:40-4:40pm / Fee $10 per class**

Kids Ballroom & Latin Beginners Level 1
> **Mondays 4:45-5:15pm / Fee $10 per class**

International Latin Dance
> **Thursdays 6:30-7:30 pm / Fee: $15 per class**

Ballroom & Latin Social Dance—Beginner level
> **Thursdays 7:30-8:30 pm / Fee: $15 per class**

Bone Builders
> **Tuesdays/Thursdays 10:00-11:00 am**

Call Cornell Cooperative Extension 734-4161 to register.
(doctor's release and paperwork required for new participants)

Flexibility Exercises
(using chairs for balance)
> **Mon/Wed/Fri 10:30-11:30 am**

'Gentle' Yoga-Karen Clark Romans:
> **Tuesdays 6:00-7:00 pm**
> **Thursdays 6:00-7:00 pm**
> **Fee: $42/6 classes; $10 Drop-in**

Zumba with Vicki Rossettie:
> **Wednesdays 7:30-8:30 pm**
> ***Thursdays 12:30-1:30 pm**
> **Fee: $42/6 classes; $9 Drop-in**

Zumba with Amanda Wylie:
> **Mondays 5:15-6:15 pm**
> **Thursdays 5:15-6:15 pm**
> **Fee: $25/6 classes; $5 Drop-in**

The **Bright Red Bookshelf** provides **FREE** books. Look for the **Bright Red Bookshelf** in the outer lobby and take a book or two for the children in your life. Book donations accepted in the office.

The red rolling book cart has books for adults available to the community for free. Please feel free to take a book and/or donate a book back.
Available in the outer lobby.

Eat Well, Live Well Lunch

Mon./Wed./Thurs.
Lunch 11:30 am
Suggested donation $3
Sponsored by:
Office of Aging & Long Term Care
Please call 737-5520 one day in advance for reservations
Monthly Menus available in Lobby

Big Flats Historical Society Dinner
September 25 ~ 6:00 pm
Bring a dish to pass and your table setting.
~ All are Welcome ! ~

Creative Hands:

ART:

Tuesday Painting
Tuesday 1-4 pm
BYO Project

Portrait Workshop
Wednesday 1-4 pm
$8.00/Class

Ceramic Painting
Monday 12-3 pm

Sewing / Knitting:

"Senior Sewing"
Wednesday 9-Noon
BYO Project
Instruction available

"Knit 'n Knots"
Friday 9-Noon
BYO Project.
Instruction available

CALENDAR

September 1   *CLOSED* Labor Day
September 3   Senior Dinner 6pm
September 4   Italian Cooking class
September 9   Primary Election Day
September 15 & 16 - AARP Driver Safety Class
September 22   Teen Commission meeting
September 23   YO meeting
September 25   Big Flats Historical Dinner
September 26   Winter TAFFY / Bingo

Youth Programs:

Senior Dinner
September 3 ~ 5:00 pm

Teen Meeting
September 23 - 5:00 pm

YO Meeting
September 22—5:00 pm

Winter TAFFY
September 26 - 'BINGO' 5-7pm

Volunteer Opportunities Available
Youth Dept. : 562-8443 ext 307

Senior Monthly Dinner

Presentation by: Dr Ed Cordes
~ Senior Eye Care ~

First Wednesday of the month
September 3, 2014 6:00 pm
~ All are Welcome ~

Teens looking for odd jobs?
Residents need
odd jobs / yardwork done?

Y.E.S. (*Youth Employment Service*)
A year round service for youth ages 14-21 yrs looking for work and for individuals and businesses that have work to be done.
Call the Youth Department for details.
607-562-8443 ext 307

Italian Cooking Class
with MaryAnne Holleran
Thursday, September 4, 2014
6:30—8:30 pm
Cost $20 / person
MENU:
Bitter Greens w/ Hazelnut-Gorgonzola Vinaigrette
Polenta Lasagne
Mom's Ricotta Balls

Space is limited; call office to sign up
Next class: October 2, 2014

Card Games:
Monday: BRIDGE
Tuesday: The Players / Bridge
Wednesday: EUCHRE
Friday: PINOCHLE
12:30-4:00 pm
Come and play!
All are Welcome!

AARP Defensive Driving Class

September 15th & 16th ~ 5:30 - 9:00 pm

Fee: $20 for AARP Members
$25 for Non-members
Call/stop in to register for classes
562-8443 ext 303

Mark your Calendar:

Red Cross Blood Drive
Tuesday
October 7, 2014
Walk-ins Welcome
1-6 pm